General Recommendations for Safety During Recreational Public Exercise

|  |  |  |
| --- | --- | --- |
| Comment | Environment | Place |
| Exercise as long as you follow social distancing guidelines—at least 2 m/6feet apart (if there is use of face masks) but “further is safer” | Outdoor | Parks or open public space |
| When face masks are not used more extensive distancing measures (up to10 m of distance among persons) should be adopted in indoor environments. In general, increasing distances are recommended for increasing intensity of exercise  | Indoor | Gyms and fitness centres |
| Implement protective measures such as wearing masks (when possible) and completing daily health checks for symptoms | Indoor |  |
| Limit the number of people in the facility at one time, ideally vary between10 m2 and 15 m2 per person | Indoor | Gyms and fitness centres |
| Limit the time people spend exercising in the indoor environment to decreaseexposure time | Indoor | Gyms and fitness centres |
| Using natural ventilation, increasing the ventilation rate, avoiding air recirculation, and guiding people to avoid staying in another person’s direct air flow in indoor environments | Indoor | Gyms and fitness centres |
| Prefer low-moderate intensity exercises rather than strenuous exercise – Increasingly vigorous activity will result in greater droplet spread | Indoor/outdoor | All |
| Cleaning, ventilation, and disinfection processes are required in group exercisespaces with at least a 10–15 min period between classes | Indoor |  |

References:

* Chen P, Mao L, Nassis GP, Harmer P, Ainsworth B, Li F (2020). Returning Chinese school-aged children and adolescents to physical activity in the wake of COVID-19: actions and precautions. J Sport Health Sci. https ://doi.org/10.1016/j.jshs.2020.04.003
* Domlnskl F., Brandt R. Do the benefits of exercise in indoor and outdoor environments during the COVID‑19 pandemic outweigh the risks of infection? Sport Sciences for Health. https://doi.org/10.1007/s11332-020-00673-z
* Duggal NA, Niemiro G, Harridge SDR, Simpson RJ, Lord JM (2019) Can physical activity ameliorate immunosenescence and thereby reduce age-related multi-morbidity? Nat Rev Immunol 19:563–572
* Guo ZD, Wang ZY, Zhang SF, Li X, Li L, Li C, Zhang MY (2020) Early release-aerosol and surface distribution of severe acute respiratory syndrome coronavirus 2 in hospital wards, Wuhan, China, 2020. Emerg Infect Dis. https://doi.org/10.3201/eid2607.200885
* Eirale C, Bisciotti G, Corsini A, Baudot C, Saillant G, Chalabi H (2020) Medical recommendations for home-confined footballers’ training during the COVID-19 pandemic: from evidence to practical application. Biol Sport 37(2):203–207
* EuropeActive, the European Health and Fitness Association (EHFA) (2020) Summary of current recommended practices for operating under COVID-19 restrictions. https://www.europeactive.eu/sites/europeactive.eu/files /covid 19/Operating\_Practices\_May20 20.pdf.
* Halabchi F, Ahmadinejad Z, Selk-Ghaffari M (2020) COVID-19 epidemic: exercise or not to exercise; that is the question! Asian J Sports Med 11(1):e102630
* IHRSA (2020) Coronavirus Resources for Health Clubs—18 Safety Considerations for Your Health Club Reopening Plan. https://www.ihrsa.org/improve-your-club/safety-considerationsfor-your-health-club-reopening-plan/#
* Morawska L (2020) Cao J (2020) Airborne transmission of SARS-CoV-2: the world should face the reality. Environm Int 139:105730